



BE YOUR BEST®

Our Vision

The sport of choice in NSW



Our Mission

Little Athletics NSW's mission is to maximise the enjoyment, development and potential of each participant, athlete, coach, official or parent/guardian.

- We encourage development by providing opportunities for personal and athletic growth.
- We promote education, good administration, sportsmanship, self-esteem and the development of life skills through engaging in athletics.
- We provide a safe, healthy, inclusive and positive environment in which members and interested participants of our community can learn the fundamentals of sports.

Our Core Values

INTEGRITY | INNOVATION | EXCELLENCE | INCLUSION

Our core values shape our culture and define the character of our company.

They guide how we behave and how we make decisions.

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Message from the Chair



The challenges of the 2019/2020 season will live long in the memory of everyone associated with Little Athletics in New South Wales.

Centres were adversely affected by the devastating bushfires throughout the state during this season. Sadly, some Centres are still recovering from the damage inflicted. The negative impact on air quality caused by bushfires prevented numerous meets and carnivals from being held at all levels of the organisation with some Centres unable to run normal competition for extended periods. Unfortunately, it was also necessary to cancel some Zone Championships as a consequence of the bushfire situation. However, as is often the case, out of adversity comes opportunity. This was certainly the case in Region 1. The cancellation of all Zone Championships in this Region prompted a rallying of the Zones resulting in direct entry to Region. Initially there were concerns that increased numbers may prove difficult to work with. Ultimately this proved not to be the case and the carnival was completed successfully. My sincerest congratulations go to everyone associated with Region 1 for the manner in which this unprecedented situation was handled.

Unfortunately, not to be content with bushfires, Mother Nature then saw fit to inflict flooding rain upon some areas. This forced the postponement and subsequent rescheduling of several Region Championships. Others found it necessary to compete over multiple weekends. Again, we were able to meet these challenging situations and complete our Region Championships on time.

Then came the ultimate challenge, COVID-19, which resulted in the cancellation of the State Track and Field Championships, the Australian Little Athletics Championships, State Cross Country and Road Walks

in a disappointing end to the season.

COVID-19 continues to be of great concern not only to Little Athletics but the community in general. As I write we appear to have this pandemic under control in New South Wales but we cannot afford to be complacent. Recent developments in Victoria illustrate all too clearly that COVID-19 is still a serious threat. Numerous sporting codes have suffered immense financial hardship as a consequence of the pandemic. Some are struggling to survive. Rest assured that our financial position remains strong and I am confident that we are well positioned to face the challenges that COVID-19 raises. The New South Wales Government continues to be supportive of sport in this state in the current climate and we have also taken the opportunity to apply for funding where eligible to do so.

Recently our commitment to deliver and administer athletics as a united sport in this state has been questioned. The advent of COVID-19 has certainly slowed and, in some cases, halted work in this area. However, we continue to work on strategies that will benefit our members and the sport. In May the Board initiated a comprehensive review of the business. This review has seen numerous interviews conducted with personnel from all levels of the organisation. Interviews were also conducted with key Athletics NSW personnel. Additionally, an extensive questionnaire was distributed to the membership resulting in an excellent response rate. When completed this review will provide a recommended strategy for the future of athletics in New South Wales.

On a positive note registrations increased this season but, at this time, it is unclear what the future holds for Little Athletics and indeed sport in general.

During the “lockdown” it became apparent that many people had turned to running as a primary form of exercise. Let’s hope this translates to an increase in athletics registrations next season.

The 2019/2020 season saw further development in the areas of diversity and inclusion. Participation by Multi Class athletes at Zone and Region continues to increase. At the national level Little Athletics Australia has announced plans for the addition of Multi Class athletes to the Australian Little Athletics Championships and significant work in the inclusion space over the next three (3) years.

I’d like to acknowledge our state and national sponsors whose support, both financial and in-kind, allows our sport to be affordable and better promoted. Support from our national sponsor, Coles, has been of tremendous benefit to Little Athletics. The Coles Community Fund deserves particular mention for providing Centres with funding for the purchase of equipment, not only in New South Wales, but Australia wide. Thank you to all our sponsors for your ongoing commitment to Little Athletics.

Once again my sincerest thanks go to the army of enthusiastic volunteers that give their time and knowledge to our wonderful sport. Little Athletics in NSW would not exist without you. Given the challenges encountered this season the work our Centre volunteers, Zone Coordinators and officials did was remarkable. Thank you for your commitment in these trying circumstances.

I’d like to take this opportunity to thank the two (2) outgoing Board members, who have not nominated or were unable to nominate for the Board, for their significant contribution to Little Athletics. Mavis Godber joined the Board in the 2014/15 season in

the Membership and Development portfolio and has served on the Board for six (6) years. Heather Mitchell was appointed to the Board in the Publicity portfolio in the 1990/91 season. Heather has an incredible thirty (30) years’ service on the Board. I have thoroughly enjoyed working with Mavis and Heather over many years. I wish them all the best for the future and, on behalf of the Little Athletics family, thank them for their service.

In closing I wish to acknowledge the significant contribution outgoing Chief Executive Officer (CEO), Kerry O’Keefe, has made to Little Athletics in New South Wales. Kerry, a former Little Athlete, commenced her employment with Little Athletics NSW in 1989 as an Education And Development Officer and was appointed CEO during the 1993/1994 season. She has a wealth of experience in the Australian sporting landscape and has decided that now is the right time to pursue new opportunities. On behalf Little Athletics NSW, our volunteers and the countless athletes that have participated in our sport during her tenure I thank Kerry for her lengthy service and wish her every success in future endeavours.

I look forward to the 2020/21 season and hope to see you soon at Little Athletics.

Craig Scott
Chair of Little Athletics NSW



A Message from the CEO



The 2019/2020 season is certainly one that I will remember forever, and when I look at everything collectively, it is hard to believe that so much could happen in the space of only 6 months.

Early in the season the devastating bushfires took hold across much of NSW. The fires impacted the first half of the season for several Little Athletics centres and affected many families in those areas. Poor air quality caused by the fires then blanketed huge areas of the state, preventing people everywhere from taking part in any outdoor activities. By February, the fires and the smoke were replaced by torrential rains, causing floods in many areas, and playing havoc with our Regional Championships. At the same time that we were battling these environmental and weather conditions, an even bigger threat was emerging in the coronavirus (COVID-19) and by mid-March, COVID-19 had not only brought our season to an abrupt end (including the cancellation of our State Championships the day before they were set to begin), but had brought the entire world to its knees.

Although no-one could have predicted the events of the past twelve months, we have all adapted quickly and positively to the changed world in which we find ourselves. I would like say a big thank you to the Little Athletics NSW staff for the way they quickly adjusted to a different way of working and set about looking for new opportunities to replace the normal operations, activities and services that could not take place. As they say, "Hard times always lead to something great".

The beginning of the 2019/2020 season began positively, with registrations showing an increase for the first time in several years. Despite the fact that we missed out on some registrations that we would normally receive in February and March ahead of

the winter season, we finished the year with 35,958 members, an increase in of just over 2.5%. Whilst this is not a huge increase, it did show a turn around on the slow decline that has been occurring over recent years, and we were hopeful that it was a sign that some of our efforts in this regard were beginning to pay off.

This was the second year of the NSW Government's Active Kids Voucher program and in 2019 the program provided two \$100 vouchers for every school-enrolled child in NSW to use on membership fees for sport or active recreation. With the second voucher not available until 1 July, this second voucher benefits primarily summer season sports such as Little Athletics. The data from the NSW Office of Sport shows that there are still many families that did not use their voucher last year and we intend to use the data provided to try and target those families in our pre-season marketing efforts.

Unfortunately, COVID-19 is likely to impact registrations in the upcoming season. At this stage all we can do is put every effort into promoting the season and providing support to centres and members as required, in an attempt to lessen that impact.

In the area of marketing and promotion, it was pleasing to note a 67% growth in engagement with Instagram and a 16% increase in engagement with Facebook through the use of targeted content guided by the insights supplied by Shunt Media.

We were also pleased to continue our charity partnership with Ronald McDonald House Greater Western Sydney. Through this partnership we provided school holiday coaching for the children in the house, had the Little Athletics NSW staff prepare meals for the families staying in the house and raise more than \$30,000 in funding support.

We have consciously been trying to place a stronger focus on participation over competition in recent years, as reflected in the strategic plan adopted at the start of the 2018/2019 season. In line with those efforts, I would like to make special note of the following activities, programs, initiatives, or pieces of work undertaken during the past season:

- Supporting 17 centres to be able to offer the On Track Skills development program
- Beginning construction of comprehensive online centre resource
- Progressing work on the development of a clear pathway for athletics by mapping products and key competencies at each level of development, from foundation to elite (in conjunction with Dr Juanita Weissensteiner)
- Conducting 10 coaching workshops, 9 officials workshops and 12 Basic Event Instruction courses
- Supporting a few select centres with the trial of a revamped Tiny Tots program
- Preparing volunteer induction procedures, exit policies and exit surveys to better inform retention strategies
- Producing the first video in a series of sport specific promotional and educational videos
- Conducting multi-class events at all regional championships for the first time, with 65 athletes taking part
- Identifying, promoting, and increasing awareness of festivals that celebrate diverse populations, and providing support for associated 'come and try' opportunities e.g. International Women's Day; Harmony Day; NAIDOC week; International Day of People with Disability; etc
- Continuing work with local councils on future facility initiatives and planning
- Taking ownership of the 'digital-based' state-wide athletics facilities strategy developed by consultants
- Conducting a comprehensive centre survey to inform future support initiatives
- Opening of a new synthetic athletic facility in Tamworth
- Continuing partnerships with external organisations to access expertise in specific areas of operation (UK Coaching, Working with Parents in Sport, Memberwise Network, Shunt Media, Active Exchange)

On a sad note, January 2020, saw the final Trans Tasman Tour take place after 43 years of exchanges

between NSW and Auckland. The Trans Tasman Tour has provided thousands of Little Athletes over the years with a wonderful experience, and I am sure that everyone who has participated in a tour over the 43 years, would join me in thanking the committed volunteers who have devoted countless hours to organising the tours. Unfortunately, "all good things must come to an end".

As always, I would like to thank our corporate partners at the state level, McDonald's, Nordic Sport and SportsTG for their generous support. Without the promotion and financial support of these businesses, Little Athletics NSW would not be able to provide the programs and services that we do. A special thanks also to national partner, Coles, who in addition to the incredible support already provided, distributed several hundred thousand dollars last year to Little Athletics centres across NSW, through the Coles Community Fund.

Thanks are also extended to our many other partners, whose support helps us with various aspects of our operations: Athletics NSW, Little Athletics Australia, Athletics Australia, the NSW Office of Sport, Sport NSW and the Sydney Olympic Park Authority.

I would like to offer a special thank you to the NSW Government (NSW Office of Sport), who has provided an additional \$27million to sport in NSW, to assist with the impact of the COVID-19 pandemic at both the state and centre/club level. Little Athletics NSW, along with every other sport, is extremely appreciative of this assistance. The Office of Sport and Sport NSW have also provided invaluable support and assistance to the NSW sporting sector throughout the period of the pandemic, through initiatives such as weekly online updates from the Minister for Sport and online networking opportunities. As a result, I believe that collaboration between the state sporting organisations in NSW has never been stronger.

To our volunteers at all levels, I would also like to say a big thank you! Without volunteers, there simply is no sport and this year has been challenging for everyone, so I appreciate the extra effort that has been required on your part. This is particularly the case for our Zone Coordinators who I sincerely thank for the way they dealt with the problems caused by fire, smoke and flooding rain.

Throughout the year, we farewelled two members of staff, Nic Savage from the position of Marketing & Communications Coordinator and Mick Gardiner from the position of Regional Development Support Officer in Dubbo. Thank you to both Nic and Mick for their contributions whilst at Little Athletics NSW. Following Nic's departure we were happy to be able to welcome Laura Crowhurst to the Marketing & Communications Coordinator role.

I would also like to use this opportunity to acknowledge the fact that our longest serving member of staff, Di Levy, will be retiring this coming October, after 34 years with Little Athletics NSW. Words cannot express how much I appreciate Di's support, assistance, advice, and friendship over the past 30 years. I wish Di and Mark every happiness in their retirement.

Finally, as always, I would like to thank the Little Athletics NSW staff for their tireless contribution. This year has presented more than its fair share of challenges and they have risen to the occasion, each and every time, as I knew they would.

It is with mixed feelings that I advise that this will be my final report as CEO of Little Athletics NSW, as I am leaving the organisation after 30 years. I truly feel honoured to have been able to work for such a wonderful organisation, with some truly amazing people. I am lucky to have many great memories and some wonderful friendships from my time with Little Athletics that will last for many years to come.

Kerry O'Keefe
Chief Executive Officer



Board of Directors



Craig Scott
CHAIR



Melissa Chandler



Glen Taylor



Heather Mitchell



Mavis Godber



Peter Barnes



Simon Nicola



Tim Jessup



Russell Briggs

Zone Coordinators and Committees

Zone Coordinators

Mark Searles	Mid North Coast
Russell Scott	New England
Tanya Upsall	Northern Rivers
Mem Delaney	Central Coast
Leesa Morris	Hunter
Linda McPherson	Lake Macquarie
Paul Goeldner	Port Hunter
Matthew Andrews	Western Plains
Bob Maxwell	Western Ranges
Judith Peel	Eastern Riverina
Howard McGarry	Mid South Coast
Allan Johnson	South Coast Highlands
Rick Gardiner	Western Riverina
Peter O'Donohue	Northern Met
Ken Carter	North East Met
Emily Jordan	North West Met
Darren Whitbread	Outer West Met
Hale Osman	West Met
to May 2019	
Ronald Pollett	
from May 2019	
Robbi Sain	Central West Met
Jason Jobson	Mid West Met
Gordon Costello	South West Met
Andrew Kohlrusch	Inner City
Lynne Whatman	Southern Met

Finance & Audit Committee

Glen Taylor (Chair)
Kerry O'Keefe
Mavis Godber
Melissa Chandler

Governance & Risk Committee

Tim Jessup (Chair)
Craig Scott
Simon Nicola

Championships/Officials Advisory Committee

Diane Levy (Chair)
Ashleigh Crook
Heather Mitchell
Peter Barnes
Alan Bartlett
Tim Batho
Simon Nicola
Murray Gaudin
Neil Hinton
Brad Weyland

Trans Tasman Committee

Heather Mitchell (Chair)
Marian Bennett
Ron Budd
Tracy Lennon
Maria McConville
Sally Richardson
Claire Yeo

Joint Officials Committee

Barry Pecar (Chair)
Peter Barnes
Ashleigh Crook
Neil Hinton
Heather Mitchell
John Morris
Darren Wensor

Joint Athletics Coach Development Committee

Darren Wensor (Chair)
Andrea Berrell
Jenny Ekanayake
Ron Bendall
Bronwyn Hagar

Staff

Kerry O'Keefe
Chief Executive Officer

Kathy Moran
Operations & Administration Manager

Rebecca Newton
Centre Support Manager

Adam Jolliffe
Regional Support Development Officer
(Tamworth)

Michael Gardiner
Regional Support Development Officer
(Dubbo)

Jessica Earsman
Regional Support Development Officer
(Wagga Wagga)

Bronwyn White
Regional Support Development Officer *
(Hunter Region)
until December 2019

Trish Bright
Administration Assistant

Diane Levy
Head of Competition

Cheryl Webb
Diversity & Inclusion Lead

Darren Wensor
Head of Coach & Volunteer Development

Alvin Umadhay
Schools & Community

Youcef Abdi
Coaching & Development

Melissa Neilsen
Bookkeeper (P/T)

Ashleigh Crook
Officials Coordinator *
until March 2020

Sarah Skidmore
Participation Coordinator *

Daniel Laus
Marketing & Communications Manager *

Nic Savage
Marketing & Communications Coordinator *
until October 2019

Laura Crowhurst
Marketing & Communications Coordinator *
started November 2019

** Shared role with ANSW*

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LAPS
SCHOOLS

Key Stats

ALAC | 2019



Trevor Billingham
Trophy Winners for
the 4th year in a row



Gold Medals



FOUR MEET
RECORDS



15,247

Facebook
Likes



3544

Instagram
Followers

43
YEARS OF
TRANS TASMAN
TOURS

65
MULTI-CLASS ATHLETES
COMPETED AT THE REGIONAL
CHAMPIONSHIPS

18 new
state records

35,958

REGISTRATIONS



centres



NEW CENTRE



coles

Little Athletics NSW

18

McDonald's

coles

Little Athletics NSW

8

McDonald's

Registrations

Region 1	Region 2	Region 3	Region 4
MID NTH COAST	CENTRAL COAST ZONE	WESTERN RANGES	EASTERN RIVERINA
Camden Haven 78	Gosford 264	Bathurst 193	Billabong 52
Forster/Tuncurry 114	Terrigal/Wamberal 258	Blayney 120	Coolamon 22
Gloucester 81	Toukley 75	Canowindra 44	Cootamundra 0
Harrington 29	Tuggerah Lakes 354	Cowra 116	Koorimal-Wagga 159
Kempsey 107	Woy Woy 210	Glenbrook 335	Lockhart 37
Old Bar 36	Wyong 319	Kandos Rylstone 37	Temora 104
Port Macquarie 200	HUNTER	Katoomba 147	Tumbarumba 66
South West Rocks 38	Aberdeen 75	Kurrajong/Bilpin 255	Tumut 87
Stuarts Point 51	Branxton Greta 196	Lithgow 67	Wagga Wagga 216
Taree 78	Cessnock 174	Oberon 47	West Wyalong 96
Wauchope 130	Denman 44	Springwood 216	Young 73
NEW ENGLAND	East Maitland 134	WESTERN PLAINS	MID SOUTH COAST
Armidale 90	Kurri Kurri 133	Ballimore 13	Albion Park 193
Glen Innes 2	Maitland 110	Cobar 58	Euro Coast Athletics 152
Gunnedah 99	Merriwa 62	Condoblin 6	Kiama 198
Inverell 85	Muswellbrook 160	Coonabarabran 56	Lake Illawarra 205
Manilla 0	Rutherford 81	Coonamble 97	Milton/Ulladulla 45
Moree 71	Scone 90	Cumnock 69	Shoalhaven 258
Narrabri 13	Singleton 187	Dubbo 258	St Georges Basin 141
Quirindi 63	LAKE MACQUARIE	Forbes 136	STH COAST H'LANDS
Tamworth 214	Cardiff 135	Gilgandra 72	Bowral 193
Yetman 3	Eastlakes 147	Gulgong 62	Dapto 175
NTH RIVERS	Edgeworth 177	Gwabegar 11	Northern Illawarra 164
Ballina 81	Kotara South 365	Independent Athletes 3	Wollondilly 153
Casino 79	Macquarie Hunter 262	Mudgee 157	Wollongong 310
Coffs Coast 121	Southlakes 118	Narromine 84	WESTERN RIVERINA
Evans Head 12	Westlakes 176	Nyngan 0	Corowa 134
Glenreagh 15	PORT HUNTER	Orange 292	Deniliquin 107
Grafton 107	Adamstown/N Lamb. 243	Parkes 62	Finley 122
Lismore 100	Medowie 179	Three Rivers 95	Griffith 136
Lower Clarence 53	Myall Coast 37	Walgett 139	Hay 0
Nambucca 61	Newcastle City 249	Wellington 157	Leeton 174
Urunga/Bellinger Valley 64	Port Stephens 144	Total Registrations 3404	Narrandera 43
Woolgoolga 92	Raymond Terrace 114		Total Registrations 3815
Total Registrations 2367	Stockton 88		
	Thornton 129		
	Tilligerry 86		
	Wallsend 130		
	Woodberry 34		
	Total Registrations 1433		

Region 5**NTH MET**

Cherrybrook	361
Northern Suburbs	508
North Rocks	471
Carlingford	
Parramatta	459
Ryde	548

NTH EAST MET

Hornsby	334
Ku-Ring-Gai	571
Manly/Warringah	786
Mosman	607
Northern Districts	275

Total Registrations 4920**Region 6****NTH WEST MET**

Hawkesbury	347
Hills District	781
Kings Langley	272
Riverstone	188
Rouse Hill Rams	331
Winston Hills	497

OUTER WEST MET

Colyton/St Clair	212
Cranebrook	216
Emu Plains	497
Jamison	135
Nepean	222
Penrith Valley	206
Werrington	293

WEST MET

Blacktown	267
Doonside	191
Lethbridge Park	162
Minchinbury	221
Mt Druitt	141
Prospect	229
Quakers Hill	392
Tallawong Park	197
The Ponds	426

Total Registrations 6423**Region 7****CENTRAL WEST MET**

Liverpool	270
Prestons Robins	345
Smithfield	315
Warradale	131
Western Blues	176

MID WEST MET

Bankstown Sports	319
Cabra-Vale Fairfield	139
Everley Park	71
Girraween	424
Greystanes	223
Holroyd	172

STH WEST MET

Ambarvale	151
Camden	551
Campbelltown	513
Douglas Park	137
Eschol Park	220
Ingleburn	135

Total Registrations 4292**Region 8****INNER CITY**

Balmain	1032
Canterbury	421
Eastern Suburbs	489
Inner West	433
Randwick/Botany	222
South Eastern	327
Tiger Wests	106

STH MET

Bundeena-Maianbar	116
Helensburgh	204
Illawong	162
Port Hacking	464
Revesby/Workers	291
St George	220
Sutherland	511

Total Registrations 4798**Total Registrations - 35,958**

Membership and Centres

Registration for the 2019/20 season saw an increase of 2.58% from 35056 registered members last season to 35,958 members this season. This season we had a total of 187 affiliated centres which is a slight decrease from the previous season.

It was again compulsory for all members to register and pay online with no manual registration option this season. This move had most centres agreeing that online registration made the workload easier for their registrars and members.

Active Kids Voucher Program

The NSW Government initiative of the Active Kids Voucher Program continued throughout the 2019/20 season. The initiative provides parents and guardians of school-enrolled children with a \$100 voucher to use towards registration and membership fees for sport and active recreation.

Approximately 24,400 members used the Active Kids voucher through the registration system. This was an increase of 36.9% (17,846) from last season. This fantastic initiative by the NSW Government is providing children with more opportunities to participate in sport, by reducing the financial barriers. The second year of this initiative saw a second voucher introduced for use from July 1 2019, allowing for families to use this scheme for two sports. This allows for summer sports to also benefit from this scheme and families have their children involved in sports year round.

Regional Development

Our 4 Regional Support Development Officers (RSDO) continued to support and service our regional centres located in and around the Central West, Eastern and Western Riverina, the New England, Mid North Coast and the Hunter Region of NSW.

Unfortunately, following a review of Athletics NSW operational requirements, the position of Regional Support Development Officer in the Hunter was no longer required within the Athletics NSW Business. As such, it is with regret that Bronwyn White's employment with Athletics NSW was terminated in December 2019.

There has also been a gap with supporting the Eastern and Western Riverina regions due to Jess Earsman taking maternity leave in December 2019. Jess returned from maternity leave in April 2020. All four regional staff and our Centre Support Manager completed an Member Protection Information Officer (MPIO) Facilitator Training course along with a Grant Writing Workshop. By completing these courses, the staff can conduct such workshops inhouse, with the support of the Office of Sport NSW. Adam Jofille (Tamworth) and Mick Gardiner (Dubbo) became recognised Athletics Australia Level 1 Coaching Presenters- this enables them to conduct Level 1 Coaching Accreditation courses in the future and will greatly benefit the development of coaches in regional NSW. To date, 2 x Level 1 and 1 x Level 2 coaching courses have been held in region 3. This has resulted in an extra 7 coaches receiving Level 2 accreditation.

Many School visits were conducted throughout NSW to assist in the growth of membership for the sport. Little Athletics NSW Regional Staff have hosted various initiatives to support centres and the sport of athletics within their region. They continue to build on participation working with little athletics centres, schools and the local community.

A snapshot of the regional teams' initiatives includes the following:

- Over 12 Basic Event Instruction courses were conducted at various centres. Introductory to Coaching Course held in Mudgee, sponsored by local business/ Assisted various Schools with their local athletics carnival.
- Assisted and supported Athletics NSW to organise a successful Country Championships held in Dubbo.
- Showcased the sport of athletics in numerous activation days hosted by Sport NSW.
- Held a few Multiclass carnivals collaborating with schools and the NDIS community.
- Continue to build on the participation for the Indigenous Running Program in Dubbo.
- Hosted a successful Schools Nitro and Twilight Community Nitro in the New England Zone
- Supported centres who took on the Tiny Tots and On-Track Programs with parent information sessions.

Centre Grants

We are pleased to announce that 15 centres were successful with their application for the centre grant Scheme for the 2019/2020 season. The scheme aims to assist centres throughout NSW in maintaining their facilities and obtaining track and field equipment to better enable them to conduct events for their members. Congratulations to Adamstown New Lambton, Branxton Greta, Camden Haven, Campbelltown Collegians, Canowindra, Dapto, Douglas Park Wilton, Eastlakes, Griffith, Harrington (holding over to next round due to COVID-19), Hawkesbury City, Maitland, Northern Suburbs, Revesby Workers' and Shoalhaven.

McDonald's Equipment Grants

McDonald's has continued to support our centres with the McDonald's Equipment Grants this season and there was an outstanding number of grant applications. Unfortunately, only 10 centres are selected to receive a \$1,000 grant each season. Congratulations to the following Little Athletics centres on their successful submissions: Armidale, Lockhart, Northern Districts, Port Hacking, Port Macquarie, St Georges Basin, Walgett, Warradale, Woodberry and Woy Woy Peninsula.

Centre Support Focus

Centres are strongly encouraged to reach out to their zone coordinator throughout the season if they find themselves in difficult times. We are always looking to find initiatives to support our centres and take the stress out of volunteering. Your zone coordinator and the Little Athletics NSW staff are here to help and together we can be more productive and successful if we are aware of your centres barriers.

New Centres

The 2019/2020 season saw the beginning of a new centre located in Coolah. Coolah is a town in the central-western part of NSW and is within the Warrumbungle Shire. The name Three Rivers LAC was chosen to reflect the belief and desire for the centre to be inclusive of all children who want to participate from Coolah and surrounding villages and towns. Three Rivers LAC membership exceeded everyone's expectations with a total of 95 registrations. Congratulations to the committee and all the volunteers to get Three Rivers up and running.

Facilities

In October 2019 we saw the opening of a new facility in Tamworth which included a synthetic track. The new facility hosted Region 1 Championships as well as the Little Athletics NSW State Combined Carnival which resulted in receiving very positive feedback from our members.

The continued joint input between Little Athletics NSW and Athletics NSW strives to strengthen the strategic approach to facility upgrades and development, ensuring Athletics in NSW is in a strong position to achieve our goals in this area in the near future and beyond.

We urge all centres to advise Little Athletics NSW if you are in talks with your local Council regarding facility upgrades or matters so we can best support your centre.

Rebecca Newton
Centre Support Manager

Trish Bright
Administration Assistant

Participation

Products and Pathways

Little Athletics NSW (LANSW) alongside Dr Juanita Weissensteiner have continued work with several key stakeholders to develop a clear pathway for athletics. There has been a focus on mapping products, an athlete's journey and experience through the sport, and an individual's key competencies at each level of development, from foundation to elite.

In November 2019 Little Athletics Australia and Athletics Australia sought expressions of interest for a national Youth Product and Pathways Reference Group. The LANSW Participation Coordinator currently sits on this Reference Group and the progress made in NSW using the FTEM framework will likely inform and contribute to the work of this group. This is a positive step to ensure consistency across the sport and allows for more input and collaboration from all state bodies.

The Products and Pathways project in NSW will continue to evolve and with Dr Juanita's assistance, new educational resources and content will be developed and released to support and inform our athletics community and parents.

On-Track

On-Track is a skills program that was developed in Victoria and trialled in several Little Athletics centres around Australia. In May 2019, following a Gemba review and report of the program, Little Athletics Australia announced that it would not proceed with the next national trial stage for the On-Track program. However, LANSW decided to continue with the rollout for the 2019/2020 season by offering and resourcing the On-Track program to NSW centres as an opt-in.

After launching a successful promotional video at the 2019 LANSW annual conference, 27 centres registered their interest in the program, with 17 centres from around NSW completing tailored training and progressing to deliver the program for the season. More detailed On-Track participation data will be collected through the LANSW Centre Survey shortly, which will contribute to a program review and will inform decisions around progressing the program further in NSW.

Tiny Tots

Little Athletics South Australia (LASA) in partnership with the Australian Council for Health, Physical Education and Recreation developed a new Tiny Tots program resource which has been trialled in centres across Australia, including five LANSW centres during the 2018/2019 season. Feedback was collected from all participating centres and state organisations, assisting LASA in finalising the content for the current version. LANSW secured the license for this product during the 2019/20 season and shared the resource with a further ten centres in NSW who expressed an interest in implementing the new program at their centre.

Moving forward, the Participation Coordinator has begun establishing a marketing, communication, and training plan, with the intention of making the updated resources and additional support available to all centres next season.

NSW Athletics Youth Panel

The NSW Athletics Youth Panel was established in 2018 to provide a platform that represented young people in the sport. The panel meets several times a year and is facilitated by the Participation Coordinator to engage young people in providing feedback, leadership, and input into participation, coaching, and officiating projects, products, and services to ensure they are relevant to the needs of young people. There are currently 11 youth representatives sitting on the panel, most of whom are engaged in senior athletics and are contributing to the planning and late 2020 delivery of an NSW Athletics Youth Conference. It is the intention throughout 2020 to expand the panel to include a number of appropriate Little Athletics youth representatives, following consultations with local centres and through seeking expressions of interest.

Sarah Skidmore

Participation Coordinator

Diversity & Inclusion

Membership

In the 2019/20 season Little Athletics saw 2297 athletes register and indicate that they identify as Aboriginal and Torres Strait Islander athletes. LANSW also saw 498 athletes with a disability register across the state. 73 hearing impaired athletes, 95 intellectually impaired, 64 physically impaired, 67 visually impaired and 199 athletes with another or undisclosed disability. (Note: not all these athletes have necessarily been classified by the national body)

Championships

The 2019/20 season was the first season for Little Athletics NSW in which all regional championships held multi-class events. In total there were 65 multi class athletes that competed at region, with Region 7 having the highest participants at 12 and Region 8 having 3, with an average of 8 multi class athletes per region. All regions were provided with results spreadsheets to work out results and award medals based on the MDS tables. To be entered into the championships athletes directly entered via the head office for regional championships and must have a full classification via the national body. Athletes then progressed to the State Championship as would any able-bodied athlete.

A barrier realised this season was not all regions used the MDS tables or spreadsheet for placings. This could pose a problem moving forward with progression of athletes and athletes being awarded the incorrect placings/medals. It could potentially affect selection for future teams and National Camp.

Classification

Two classification days were organised this season for athletes. These were both scheduled to be held at Sydney Olympic Park Athletics Centre. The first during the PSSA National Trials and the 8th August 2019 and the second during NSW All Schools on the 27th September 2019. The 8th August classification saw 7 athletes newly classified or reclassified. Unfortunately, the classification due to be held on the 27th September was cancelled due to the availability of classifiers. Athletics Australia organised a rescheduled classification day at Sydney Olympic Park Athletics Centre on the 13th October 2019 and the athletes booked in for the cancelled date were classified or re-classified then.

Website/Resources

Guidelines and programs are now available on the LANSW website under the 'Get Involved' tab for Multi-Class, Transgender and Aboriginal and Torres Strait Islander. Resources for both members and centres can be found here. The same resources can also be found in their relevant spots throughout the website e.g. RoC, Event Fact Sheets

U15 COLES Little Athletics Australia Camp

For the first time this season we saw Athletics Australia select multi-class athletes to attend the National U15 Camp. NSW saw 6 athletes selected and attend. The only other State to have athletes selected was ACT with 3 athletes. The other States are yet to provide athletes to be selected. AA aim to have other states on board for the next National Camp.

NSW had a total of 34 able-bodied athletes selected to attend the camp in October 2019. Athletes are selected based upon their State Championships results and then the top 3 on average per event across the nation are also selected to attend. The levy to attend the camp is \$750 which covers travel to and from the AIS, coaching sessions & workshops by high performance coaches and presenters, accommodation & meals.

Community Events: Sports NSW Activate Inclusion Sport Days

Little Athletics NSW once again took part in the Sports NSW Activate Inclusion Sport Days. The program provides inclusive opportunities for students aged 5-18 with physical, sensory or intellectual disability to participate in adapted and inclusive sport and recreation activities.

Over 2,800 students participated throughout the 2019 program. These students may not have the same opportunities within their school to participate in adapted sport and active recreation sessions. The activities are designed to focus on core skill acquisition which allows students to learn at their own pace in an inclusive environment. The 2020 program has been postponed due to Covid-19.

Cheryl Webb

Diversity & Inclusion Lead

Schools

Little Athletics Program for Schools (LAPS)

LAPS is a school-based coaching program. Little Athletics coaches go into a school and teach, not only the fundamental skills of an event group, but the skills required for each event at a “not to be disqualified level”. This is a “user pays” program where schools specifically book in and request the program.

LAPS is also utilised as a community promotional opportunity for the sport of Little Athletics. After school children participate in a “come and try” opportunity, the aim is for them to further inquire/register with their local centre. This year we have had a total of 7339 participants in 47 schools. This is broken down into 30 regional schools and 17 metro area schools.

PSC (Primary Sporting Challenge): Leading with Action

The Schools Sports Unit approached LANSW to become involved with their Primary Sporting Challenge- Leading with Action.

The program aims to identify appropriate student leaders of primary and high school age and equip them with knowledge in their chosen sport. The students then go back into either their school or assist at their local primary school in the development of basic skills in the sport.

LANSW has been involved in 2 PSC days at Camden and Newcastle, involving 13 high schools with over 150 participants. The students were given the practical experience of teaching athletics skills. They were also informed of alternate pathways within athletics, it is hoped that some of the participants

are encouraged to further investigate becoming junior coaches and officials.

2019 LANSW “Desire to Inspire” School Visits

Desire to Inspire is a mass promotion program where Little Athletics NSW, on behalf of centres, motivates, encourages and promotes the sport of Little Athletics to school students across NSW. The aims are to generate children’s interest, through education about the benefits of Little Athletics, motivate children to register with their local centre and to increase the profile of Little Athletics within the wider community and create a link between local centres and schools.

There was a targeted effort by our regional staff to conduct more practical sessions rather than the traditional presentation. They also liaised directly with the school on behalf of the centres which had a two-fold effect:

1. It decreased the workload of the centre volunteers who would normally organise the school visits. This allowed the regional staff to customise their calendar/tours and work more closely to the schools’ requirements.
2. It also allowed Regional staff to introduce themselves directly to the schools, principals, sports coordinators (and more importantly office staff) and build their public relations, increasing their ties with the schools within their region.

Overall the LANSW Desire to Inspire school visits occurred on behalf of over 46 centres, with 57 requests, at over 80 schools reaching over 15,000 students. Unfortunately, due to fires our New England regional support officer Adam Jolliffe had a very disrupted school visit period.



Community

Carnival of the Codes

Little Athletics NSW was involved with this community-based program organised by the Cooks River Sporting Alliance. The program aims to expose local school children to a variety of community sports on offer within the Canterbury Council and Inner West Council areas. Little Athletics is amongst 5-6 sports invited every year to participate. This year 1,177 students from eight local primary schools participated in Little Athletics NSW "Give it a Go" activities. Many students that have participated over the years have later become members of their local Little Athletics Centre.

Paralympic Sports Activation Festival at SOPA

LANSW was involved in a Paralympic Sports Activation Festival at the Sydney Olympic Park Authority. LANSW was invited to the 3-day event, hosted by True Sports Events, to highlight sports and activities offered to people with disabilities. It provided participants with the opportunity to "step into the shoes" of multiclass athletes.

LANSW offered the opportunity to experience the newly purchased RaceRunning bikes and experience throwing and running as a vision-impaired athlete

might. Other sporting activities on the day included Blind Cricket, Goal Ball, Boccia, Wheelchair Rugby and Wheelchair Basketball.

School Carnivals

LANSW Regional Support and Development Officers once again had a significant presence in numerous carnivals within their regional area.

LANSW organised ex-little athletes and Australian representatives Brandon Starc and Bendere Oboya for a meet and greet opportunity at the PSSA State carnival. Brandon and Bendere signed autographs, took numerous photos, gave away signed T-shirts, presented medals and met many young athletes during the 2-day carnival. This was extremely well received by parents, family, friends and athletes.

AFL Activation Days

Little Athletics NSW, Little Athletics ACT and AFL ACT/NSW continued the alliance with two scheduled activation days that were unfortunately cancelled due to weather at the last minute.

Alvin Umudhay

Schools & Community

Coaching Camps & Clinics

Coaching Clinics

399 children attended Little Athletics NSW coaching clinics. These clinics were held across NSW at SOPAC, The Crest- Bankstown, Kiama, Narrabri (ran by Regional Support Officer Adam Jolliffe) and Thomas Robin Oval- Harris Park with PCYC Paramatta. The clinics provided children with high quality coaches and access to elite athletes including Olympic representatives Ella Nelson and Anneliese Rubie.

During school holidays, Little Athletics NSW delivers a fun coaching day at Ronald McDonald House Westmead upon request.

Coaching Camps

Little Athletics NSW hosted four camps at the Sydney Academy of Sport and Recreation. Two ALAC team camps were held for the 40 selected team members. 32 children attended the inaugural Christmas in July Camp, and 63 children attend the annual Christmas camp held mid-December 2019.

Youcef Abdi

Coaching & Development

Coach, Official & Volunteer Development

Coach, official and volunteer development are supported by four pillars which continue to be, attract, train, support and retain.

Notable achievements in each area were:

Attract

Little Athletics NSW held the first annual recruitment drive for officials during National Volunteer Week which saw some success. This was part of identifying and utilizing major events as ignition points for recruitment of new officials. Little Athletics NSW continues to look into new ways to recruit the volunteer workforce and this includes researching key coach and official target groups. The website saw a complete overhaul and update of content in the coach and official development sector. This has a focus on improving the accessibility and prominence of information. Finally this season saw the production of a “How to Get Started in Officiating” and a “How to Get Started in Coaching” booklet which has been well received.

Train

This season Little Athletics NSW has seen 108 participants attend 10 coaching courses and workshops and 160 participants attend 9 officiating courses and workshops. The inaugural Coaching Children Conference saw 40 participants attend. This year Little Athletics NSW has re-introduced a “Meet Manager” workshop along with utilizing UK Coaching workshops to train On Track centre representatives.

There has also been a focus on training and activating a number of new workforce Development Team members to present coaching and officiating courses around NSW.

Support

The Joint Officials Committee and the Athletics Coach Development Committee continue to operate to deliver a united approach to coach and official development. This season Little Athletics NSW started pre-region officiating workshops to support officials with their upcoming duties at the regional championships, along with year round support and mentoring programs.

Retain

Little Athletics NSW has worked significantly on preparing volunteer inductions, exit policies and exit surveys in order to best support our volunteers and officials. This is done through the collation of research, surveys and reports to guide these strategies.

Darren Wensor

Head of Coach and Volunteer Development



HOBART TASMAN
2018

OFFICIAL

Australian Athletics
OFFICIAL

Australian Athletics
OFFICIAL

HEATHER
MITCHELL



Marketing

Communications

Throughout the year the marketing team provided marketing and communications support to Little Athletics NSW events and programs. The communications Strategy was focused on delivering relevant, timely and engaging content across all channels including Facebook, Twitter, email, YouTube and Instagram, through segmentation and targeted content largely guided by insights provided by Shunt Media. This strategy resulted in increased growth and engagement across all platforms with Instagram recording 67% growth in engagement and 14% audience growth, whilst Facebook experienced 16% increase in engagement and 10% audience growth.

Advertising

The registration campaign for the 2019/20 season involved a mix between TV, Radio and Social Media, resulting in a 2% increase from the previous season. LANSW will re-evaluate the effectiveness of these mediums heading into the 2020/21 season and will look to build towards a big campaign for the recently moved 2021 Tokyo Olympics.

Community

In 2019 we worked closely with our charity partner Ronald McDonald House Greater Western Sydney to support their “Show Your Stripes” campaign which garnered tremendous support from centres, raising in excess of \$30,000.

Daniel Laus

Marketing & Communications Manager



Competitions

What can I say, this past season has been horrendous regarding our competition calendar!

We've seen bushfires, which forced 3 zones to be abandoned; bad air quality, which resulted in changes to events at our zone championships, torrential rain and extreme heat, which resulted in most region championships to reschedule or run over two separate weekends. Then, to top it all off, in a first for Little Athletics NSW, we had to cancel our major event, the 2020 State Track & Field, due to COVID-19. Little Athletics Australia were not left unscathed either, as they had to cancel the 2020 Australian Little Athletics Championships, which should have taken place in April.

Season 2019/2020 has definitely been one that everyone will remember!

State Road Walks – June 2019

LANSW Road Walk Championships combined with the ANSW Short Walks for our first joint event in the calendar year. This was held at Angle Park, Chipping Norton on Sunday, 23 June 2019. The entries were disappointingly lower than the previous year, with just 106 entries (aged U9 to 75+), with 91 of them being registered Little Athletes from the U9 to U17 age groups. Thank you to NSW Walkers Club for the conduct of this event.

State Cross Country – August 2019

The next joint event was the amalgamation of the LANSW Cross Country Championships and ANSW Short Course Cross Country Championships. It was held at Upjohn Park, Rydalmere on Saturday, 3 August 2019. The total number of entries for the whole event was disappointing. There were only 459 entries (aged U7 to 75+), with 258 of them being registered Little Athletes from the U7 to U17 age groups.

The officials from both organisations worked well together and shared all roles, which included check-in, starting, umpiring, results and meeting management. It was a great for the athletes, coaches, officials, administrators and clubs/centres to see everybody continuing working together as a team.

The course was well set up and held on an unseasonably warm winters day. The activities were well received and was another successful joint event. Special thanks must go to all who did a

magnificent job in preparing this venue.

The event was held out of the school holidays and on a Saturday, which resulted in very low numbers in the U7-U17 ages, as most children were in the midst of their semis and finals for their winter sporting events. This will change for future and will be scheduled for a Sunday in the School Holidays, as this should attract many more entries, in all age groups.

State Relays – November 2019

The 2019 State Relay Championships were held at Sydney Olympic Park Athletic Centre on 16 & 17 November. The number of entries was very pleasing as they were our largest ever, with a total of 1,411 teams entered from 59 centres. The junior day had 687 teams and the senior day 724.

Thank you to all of our officials who continue to do a great job. We received many positive comments from the many parents and spectators, on the way in which the carnival was organised and run over the weekend.

Zone Championships – November and December 2019

In accordance with Little Athletics NSW policy, all Zone Championships must be held prior to the Christmas break. For the first time, 3 zones were not able to be held, due to bushfires in the area. They were Northern Rivers, New England and Mid North Coast (all Region 1 zones). Due to the smaller zones in that region, all athletes had direct entry to Region 1. A total of 10,585 athletes entered one of the 23 zones, which was slightly lower than the previous year. Following completion of all zones and after all databases were sent to the office, the progressions to each region were finalised and the list of qualifiers posted on our webpage prior to the end of December.

Region Championships – February 2020

Region Championships this season were disrupted due to heat and torrential rain. Most were not able to be conducted as per their schedule. All Regions were finalised in February held in: Tamworth - Region 1; Glendale - Region 2; Dubbo - Region 3; Flinders - Region 4; Narrabeen - Region 5; Blacktown - Region 6; Campbelltown - Region 7 and Barden Ridge - Region 8.

A total of 8,439 athletes competed at one of the eight regions, which was again a slight increase on the previous year. Congratulations to all centres/zones who hosted these events in very trying conditions and all athletes on their performances, with a large of personal bests and new records, which was a testament to their courage and ability.

Trans Tasman Challenge – January 2020

The final Trans Tasman tour to Auckland took place from 9 -21 January 2020. The touring party of athletes from the U11 and U12 age groups, plus officials and committee members were housed at the Sacred Heart College in Auckland. The Trans Tasman Challenge was held at Mt Smart Stadium on Sunday, 19 January with most athletes gaining PB's. The team also stayed overnight at a Marae; visited the Hot Pools and Rainbows End Fun Park as well as a myriad of other activities. Congratulations to the LANSW Team for their fantastic performances.

State Combined Events – March 2020

The State Combined Events was held on 29 February & 1 March at the brand new synthetic track in Tamworth (was the track new this season? Or last?) on a weekend where we had great weather. Thanks are extended to Tamworth City Council for their assistance, both monetary and in kind. Their support was greatly appreciated.

Special thanks are extended to our Regional Support Officer (Tamworth), Adam Jolliffe for his assistance before, during and after the event. 614 athletes from 104 centres across the state entered this year's event. Following this event, 3 girls and 3 boys from the U15 age groups were notified of their inclusion as members of the 2020 State Team in the U15 Combined Events Championships. Unfortunately, the 2020 Australian Little Athletics Championships was cancelled due to COVID-19, but I would like to congratulate these athletes on their achievement.

State Track & Field Championships – March 2020

For the first time in the history of Little Athletics in NSW, the State Track & Field Championships, which were due to be held on the weekend of 14-15 March at Sydney Olympic Park Athletic Centre, were cancelled due to the COVID-19 outbreak. A total of 2826 athletes from 167 Little Athletics qualified through this major event on our calendar.

I'd like to thank our selectors who were ready to select the U13 athletes for the 2020 State Team. Hopefully they will nominate again next year for this role. The selectors were: Leanne Brigandi, Bruce Cox, Maria McConville, Heather Mitchell, Kerry Smith and Sharon Twigg.

Australian Little Athletic Championships (ALAC) – April 2020

Also as mentioned above, Little Athletics Australia had to cancel this event, which was due to be held in Canberra on the weekend of 17-18 April.

Championships Advisory Committee

Our Championships Advisory Committee met on 5 occasions throughout the last season. Thank you to all members for their assistance and input over the last 12 months. As well as Staff Members Diane Levy (LANSW Head of Competition) and Ashleigh Crook (NSW Officials Coordinator) – who resigned in March 2020, others on the committee were Heather Mitchell, Peter Barnes, Alan Bartlett, Tim Batho, Simon Nicola, Murray Gaudin, Neil Hinton and Brad Weyland.

It is with a heavy heart that I have written this, my last report for our Annual Report. After 34 wonderful years working for this fantastic organization, I will be retiring in October prior to the 2020/21 competition season. It is with deep sadness to have my last 6 months finishing the way it has, as I did not have a chance to meet with the many wonderful officials, committee personnel and athletes that I have met over the years to say thank you for your friendship. I was hoping to catch up at our State Championships, Zone Co Workshop and Annual Conference, but they all needed to be cancelled.

Wishing you all the very best in the future.

Diane Levy

Head of Competition.

Trans Tasman Tour 1976-2020

At the Annual Conference in 1976, The Little Athletics Association of New South Wales received a request from the Children's Day Committee of the New Zealand Amateur Athletics Association for a team of New Zealand children to compete against NSW as a regular annual competition.

The conference attendees quickly accepted the opportunity to host the inaugural meet which was held at the National Fitness Camp Athletics Track on Sunday 27 March 1977. Air New Zealand donated a magnificent trophy for perpetual competition and on this occasion NSW were the victors.

The New Zealand team spent 10 days based in Sydney and in that time the team and supporters saw the sights of Sydney and NSW with bus and ferry trips.

In addition to the Trans Tasman meet, the children competed in several low-key fun athletics meets against Blue Mountains and Sydney centres, finishing up with barbecues.

The return match was held when New South Wales travelled to New Zealand in January 1978. A team of 80 Little Athletes, along with parents and supporters made up the touring party. Included in the team were many of the State Champions who put up a strong showing against a very strong New Zealand team. During the 10 days in New Zealand the total group of around 140 were based in Auckland and competed in four low key fun athletics meets, culminating in the Trans Tasman challenge meet at the Mt. Smart Stadium on Saturday 28 January 1978. Selected athletes also competed in the supporting events of the International Meet at Auckland on 30 January 1978.

And so the Trans Tasman Challenge was born, and hosting rights alternated every year since.

During the many NSW Team visits to New Zealand since 1978, our Little Athletes have stayed overnight at a Maori Marae, experienced the delightful odours of the geysers at Rotorua, delved into the world renowned Kiwi Hot Pools at Waiwera, visited Rainbow's End Fun Park and explored the Auckland museum.

When the New Zealand touring squad has visited Australia, they have enjoyed similar cultural exposure for the kids, including visits to the Opera

House, Taronga Zoo, and the Blue Mountains.

An excerpt from the July 1989 LANSW newsletter highlights the purpose of the Trans Tasman tour for young athletes:

"The aim of Trans Tasman is to expose the children to the people and customs of another country."

"Most people's memories are of the marvellous food, the lasting friendships they have formed and the beautiful country; it is so different to ours, with its hot pools, geysers and mountains."

"Athletics, as you can imagine, form a large part of the tour – but there is also a full itinerary of sightseeing and plenty of fun-filled activities."

Sadly in January 2020, the final tour was undertaken to Auckland by a NSW team; the New Zealand Committee having advised they were no longer able to sustain the tour for athletes in the U11 and U12 age groups.

Over the 43 year history of the tour, many "Little Athletics tragic's" have been part of the Trans Tasman organising committee, working tirelessly leading up to and during the 12 days in New Zealand, as well as hosting the New Zealand Teams in Sydney, but I believe everyone has enjoyed every moment of it, and the final Committee (Heather Mitchell, Maria McConville, Ron Budd, Marian Bennett, Claire Yeo, Tracy Lennon and Sally Richardson) are extremely sad that this long standing tradition has come to an end. Vale LANSW Trans Tasman.

Trans Tasman Committee



State Teams

Australian Little Athletics Championships (ALAC)

The 2019 Coles Australian Little Athletics Championships were held 27-28 April 2019 at the Domain Athletics Centre, Hobart. The team consisted of 40 members of 20 boys and 20 girls. This championship saw an increase in team size by 25% due to Little Athletics Australia introducing age group changes.

The breakdown of the athletes was as follows:

- 26 U13 athletes
- 6 U14 athletes
- 4 U15 athletes
- 4 U17 athletes

New South Wales won the Trevor Billingham trophy with a total of 1698 points in front of Queensland with 1484 points. The team also scored 615 points in the life members trophy to be the top performing state in front of Victoria and was awarded second place in the Alan Triscott Trophy behind Tasmania.

Thank you to our team managers Cheryl Webb, Michael Gardiner, Alvin Umadhay, Youcef Abdi and Stephanie Gruisoki.



Championship Winners

State Cross Country - 2019

Events for U7 to U11 were run under Little Athletics NSW rules with U13 and above under Athletics NSW rules. The joint LANSW/ANSW event as held at Upjohn Park, Rydalmere on Saturday, 3 August, 2019

	BOYS		GIRLS	
U7	Carter Bergan	Jamison	Ella Plummer	Sutherland Districts
U8	Max McIntosh	Ku-Ring-Gai	Ronia Warszawska	Sutherland Districts
U9	Patrick McMahon	Cantebury	Olivia Scott-Rogers	Hills Districts
U10	William Kisby	Manly Warringah	Mia Guillergan	Manly Warringah
U11	Joseph Jayakody	Glenbrook Athletics	Brooke Carson	Illawong
U13	Oliver White	Sydney Pacific	Sienna Scahill	Asics Wests
U14	Sean Williams	Knox Grammar School	Ingrid Kingsmill	Sydney Striders
U15	Brendan Felice	Illawong Revesby Workers	Mercy Nathanael	Sydney Striders
U16	Hamish Hart	Mingara Athletics	Grace Kells	U.T.S Norths
U17	Daniel Kelly	Run Crew	Nicola Hogg	Sydney Striders

State Road Walks - 2019

Events for U9 to U11 were run under Little Athletics NSW rules with U13 and above under Athletics NSW rules. This LANSW/ANSW event was held at Angle Park, Chipping Norton on Sunday, 23 June, 2019

	BOYS		GIRLS	
U9	Brayden Kingcott	The Ponds	Sophie Polkinghorne	North Rocks/ Carlingford
U10	Blake Birmingham	Balmain	Kiara Stanley	Balmain
U11	Sebastian Gonzales	Balmain	Grace Beck	Ku-Ring-Gai
U13	Alex Muir	Nepean District	Sienna Pitcher	Mingara
U14	Liam Roche	Hills District	Milly Boughton	Randwick Botany
U15	Harry Dundon	Balmain	India Duguid	Mingara
U16	Raven Pyda	Westfields	Ellie DeCelis	Illawong
U17			Hannah Bolton	Mingara

State Relays - 2019

Held at Sydney Olympic Park Athletic Centre on Saturday and Sunday, 16 & 17 November, 2019.

	EVENT	BOYS	GIRLS	MIXED
U8	4 x 100m	Ku-Ring-Gai	Sutherland	Liverpool City
	4 x 200m			Holroyd
	Jumps Relay	Ku-Ring-Gai	Ku-Ring-Gai	
	Throws Relay	Manly Warringah	Kings Langley	
U9	4 x 100m	Sutherland	Sutherland	Helensburgh
	4 x 200m			Sutherland
	Jumps Relay	Port Hacking	Cherrybrook	
	Throws Relay	Manly Warringah	Winston Hills	
U10	4 x 100m	Manly Warringah	Port Hacking	Greystanes
	4 x 400m			Sutherland
	Jumps Relay	Balmain	Manly Warringah	
	Throws Relay	Campbelltown Collegians	Manly Warringah	
U11	4 x 100m	Balmain	Ku-Ring-Gai	Tallawong Park
	4 x 400m			Hills District
	Jumps Relay	Manly Warringah	Manly Warringah	
	Throws Relay	Northern Suburbs	Hills District	
U12	4 x 100m	Winston Hills	Port Hacking	Albion Park
	4 x 400m			Sutherland
	Jumps Relay	Northern Suburbs	Northern Suburbs	
	Throws Relay	Sutherland	Manly Warringah	
U13	4 x 100m	Ku-Ring-Gai	Emu Plains	Albion Park
	4 x 400m			Sutherland
	Jumps Relay	Manly Warringah	Port Hacking	
	Throws Relay	Hills District	Hills District	
U14	4 x 100m	Bankstown Sports	Balmain	Liverpool City
	4 x 400m			Balmain
	Jumps Relay	Northern Suburbs	Hills District	
	Throws Relay	Ku-Ring-Gai	Winston Hills	
U15	4 x 100m	Manly Warringah	Campbelltown Collegians	Doonside
	4 x 400m			Manly Warringah
	Jumps Relay	Ryde	Sutherland	
	Throws Relay	Ryde	Port Hacking	

State Relays - 2019

Continued...

U17	4 x 100m	Manly Warringah	Camden	Doonside
	4 x 400m			Camden
	Jumps Relay	Cherrybrook	Northern Suburbs	
	Throws Relay	Campbelltown Collegians	Port Hacking	
JNR	4 x 100m			Albion Park
	Long Jump Relay			Bowral
	Middle Distance	Sutherland	Sutherland	
SNR	4 x 100m			Liverpool City
	Long Jump Relay			Liverpool City
	Middle Distance	Balmain	Sutherland	

State Combined Events - 2020

Held at Tamworth Regional Athletics Centre

	BOYS		GIRLS	
U7	Lachlan Chappell	South Eastern	Evie Moore-Mulcahy	Northern Districts
U8	Jardii Ikamui	Liverpool City	Marnie Laurence	Eastern Suburbs
U9	Lucas Ajaka	Parramatta	Elise Green	South Eastern
U10	Aaron Chevalier	Winston Hills	Jade Strahl	Port Hacking
U11	Gerhardus Burger	Ku-Ring-Gai	Sienna Latanis	St George
U12	Joshua Cetinic	Hills District	Catherine Mikan	Northern Suburbs
U13	Michael Ajaka	Paramatta	Sienna Newton	Raymond Terrace
U14	Angus Clues	Springwood	Damita Betham	Campbelltown Collegians
U15	Cody Hancock	Raymond Terrace	Karina Bell	Illawong
U17	Blake Archer	Rouse Hill Rams	Ella Koster	Ku-Ring-Gai

Records - Individual

U11 Boys	Trent Alley	Port Macquarie	80m Hurdles	12.96s
U11 Girls	Louise Ringbauer Amelie O'Neill	Kurrajong Bilpin Illawong	Discus 80m Hurdles	36.33m 13.45s
U12 Boys	Joshua Cetinic	Hills District	80m Hurdles	12.97
U12 Girls	Tammin Lampret	Port Hacking	80m Hurdles	12.76
U13 Boys	Harry Halleen	Balmain	3000m	9.31.4
U17 Boys	Daniel Kelly	Emu Plains	3000m	7.47.39
U17 Girls	Montana Monk	Macquarie Hunter	800m	2.12.39

Records - Team

U10 Boys	Campbelltown Collegians	Throws Relay	1912 pts
U11 Girls	Hills District	Throws Relay	1842 pts
U12 Boys	Sutherland	Throws Relay	2000 pts
U13 Boys	Hills District	Throws Relay	2190
U13 Girls	Hills District	Jumps Relay	2724 pts
U14 Girls	Winston Hills	Throws Relay	2386 pts
U15 Girls	Campbelltown Collegians	4x100m	48.31s
	Sutherland	Jumps Relay	2573pts
	Port Hacking	Throws Relay	2287 pts
U17 Girls	Northern Suburbs	Jumps Relay	2457 pts
Snr Boys	Balmain	Middle Distance	8.46.76

Award Winners

Centre Volunteer Administration

BRONZE

Albion Park
Eschol Park
Giraween
Koorringal Wagga
Liverpool City
Manly Waringah
Prestons Robins
Westlakes

SILVER

Blacktown
Cherrybrook
Northern Suburbs

GOLD & Winner

Holroyd

Centre Registration Increase

Western Blues

Centre Retention

Wauchope

Zone Coordinator of the Year

Gordon T Costello (South West Met)

Volunteer(s) of the Year

Trans Tasman Committee Members

Marian Bennett
Ron Budd
Tracy Lennon
Maria McConville
Heather Mitchell
Colin Muir
Sally Richardson
Sue Stafa
Chris watt
Claire Yeo



Honour Roll

Life Members

Ian Adams 2004
Graeme Allen 1976
Jim Arkins * 1985
Eric Arnold OAM * 2012
Peter Barnes 2018
John Burne OAM * 2007
Darryl Channells 1998
Betty Collyer 1991
Dick Corish * 1973
Gordon Costello 2006
Grahame Down 1974
Dereck Fineberg OAM 2013
Jack Freeman * 1975
Barry Garment * 1988
Ken Gardiner 1987
Stan Hamley * 1980
Charles Hansen * 1975
Dick Healey * 1987
Cec Hensley * 1973
Trevor Hinwood 2014
Arnold Hunt * 1993
Lorna Magee 1990
Jack McCarthy 1978
Maria McConville 1996
Heather Mitchell 1998
Ann Pamplin 1995
Bob Quail 1976
Ron Richter OAM 1992
Garth Robinson * 1984
Neil Sandall 2017
Craig Scott 2016
Grahame Searles 1997
Allan Shaw 2004
Peter Shinnick* 1980
Susan Shinnick 1986
Adele Whalen 1976
Peter Wickes * 1994
Doug Wood * 1995

* Deceased

Merit Award Recipients

Matt Andrews 2019
Peter Barnes 1998
Rosie Barnes 2012
Alan Bartlett 2001
Marian Bennett 2001
Phill Blunt 1998 *
Bill Boyle 1992
Bill Bradshaw * 1991
Russell Briggs 2019
Ron Budd 1991
Kim Burton 2003
Robert Care AM 2001
Rita Channells 1993
Carol Clima 1991
Steve Clima 1995
Kevin Collyer * 1991
Bob Crawford * 1998
Christine Crawford 1993
Steve Critchley 1998
Phil Cross 1993
Irené Dasey 2012
Vinlei Della Casa 2016
Doreen Dickinson 1991
Greg Dickson 2002
Ivan Drury 2015
Jenny Drury 2015
Miriam Ebejer 2015
Robyn Eyears 1998
Kevin Fisher 2015
Christine Fletcher 2001
Anne Garment 1991
Mavis Godber 2012
Gary Green 1991
Elaine Green 1991
Stephen Green 2015
Max Harris 1994
Gerald Hayes * 1991
Jacky Hayes 1991
James Hepburn * 1991
Trevor Hinwood 2002
Margaret Honey 1997
Paul Hughes 2002
Michael Irwin 2002
Kevin Ivin 2007
Lizbeth Ivin 2007
Allan Johnson 2009
Carmen Jones 2002
Ron Keys OAM 1991
Les Kirkland 2015
Tony Kish 2001
Barbara Lea 1993
Bob Leach * 1998
Diane Levy 1997
Anne Lupton 2003

Les Magee * 1991
Carol McGarry 1996
Howard McGarry 1991
Joe McGarry 2015
Ross Macleod-Jones 2002
Lyn McMahon* 1998
Viv Manwaring 2002
Aino Matwisyk 2013
Lynne Moore 2012
Colin Muir 2015
Mick Mulligan 1993
Mike O'Hehir 1991
Tony Okulicz 2001
Mick O'Neill * 1991
Terry O'Neill 2002
Wally Pamplin * 1992
Russell Peters 1998
Gordon Prevett 2012
Ronald Pollett 2019
Geoff Quirk 1991
Julie Reynolds 2001
Glen Richardson 1994
Sally Richardson 2019
Lesley Rodgers 1998
Warren Ross 1998
Karl Rugg 2013
Neil Sandall 1998
Charles Sanders 2012
Ron Saville 1998
Wayne Sayers 2015
Lorraine Searles 2015
Sue Sinclair 2015
Linda Smith 1993
Rosemary Smith 2003
Sue Stafa 1997
Glen Taylor 2016
Reg Thompson 1998
Greta Vallance 1991
Judy Vecellio 1991
Tony Vecellio OAM 1991
Alan Venzlauskas 1998
Margaret Vonarx 1991
Marcus Vowels (Prof) AM 2002
Tony Ward 2006
Bob Wardle 1995
Jim Walker 2013
Chris Watt 2007
Pauline Watt 2016
John Wells * 2001
Sue Wells 2001
Lynne Whatman 2012
Gordon Willson 1998
Lorraine Wiseman 1996
Jorge Zapatero 1998

Honour Roll

Volunteer of the Year Award Winners

2001/2002	Ray Horton	St George
2002/2003	Kay Swann	Nepean
2003/2004	Judy Vecellio	Randwick/Botany
2004/2005	Pat Maxwell	Holroyd
2005/2006	Mike Christie	Manly Warringah
2006/2007	Barbara & Peter Bird	Charlestown
2007/2008	Vernon Cross	Riverstone & District
<i>From 2008/2009 onwards, both male and female winners were awarded</i>		
2008/2009	Peter Thomas	South Eastern
	Anne Garment	Warradale
2009/2010	Greg Moore	Kurri Kurri
	Vinlei Della Casa	Canterbury
2010/2011	Moe Maruta	Colyton/St Clair
	Denise Staples	Eschol Park
2011/2012	Kevin Fisher	Parramatta
	Sally Richardson	Northern Suburbs
2012/2013	Paul Deane	Bankstown Sports
	Carmen Jones	Randwick/Botany
2013/2014	Ronald Pollett	Mt Druitt
	Deborah Engeler	Illawong
2014/2015	Luke Gemmell	Quakers Hill
	Veronica Cudmore	Griffith
2015/2016	Simon Nicola	Winston Hills
	Marina Picken	Helensburgh & District
2016/2017	Grant Beer	Balmain
	Lisa Sayers	Minchinbury
2017/2018	Dennis Coker	Hills District
	Linda Hutton	Eschol Park
2018/2019	Trans Tasman Committee	Trans Tasman Committee

Honour Roll

NSW Inductees to the Little Athletics Australia Hall Of Fame

The Little Athletics Australia Hall of Fame recognises former participants who have achieved the highest level in their chosen sport or profession. There are four categories: track and field, sports person, achievers and volunteers.

2009

Amy Winters (Track & Field)
Melinda Gainsford-Taylor AM (Track & Field)
Jana Pittman-Rawlinson (Track & Field)
John Maclean (Achiever)
Barry Garment (Volunteer)
Mike Whitney (Sports Person)

2010

Jane Saville (Track & Field)
Janine Shepherd (Achiever)
Peter Wickes (Volunteer)

2011

Darren Clark (Track & Field)
Jim Arkins (Volunteer)
Paul Murray (Achiever)

2012

Debbie Wells (Track & Field)

2013

Kimberlee Green (Sports Person)
Ken Gardiner (Volunteer)

2014

Dani Samuels (Track & Field)
Jarryd Hayne (Sports Person)
Prof. Marcus Vowels AM (Volunteer)

2015

Nicole Boegman-Stewart (Track & Field)
Sally Fitzgibbons (Sports Person)
John & Len Pearce (Achiever)
Maria McConville (Volunteer)

2016

Fabrice Lapierre (Track & Field)

2017

Mitchell Starc (Sports Person)
Andrew May (Achiever)

2018

Ron Keys OAM (Volunteer)

2019

Brandon Starc (Track & Field)
Alanna Kennedy (Sports Person)



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LITTLE ATHLETICS NSW
90 - 92 Harris Street
HARRIS PARK 2150
Ph: 9633 4511
Website: lansw.com.au
Email: admin@lansw.com.au